

PRODUCT NAME
Triceps Press

PRODUCT CODE
OG.9



Balance your arm exercises with stronger triceps

Triceps strength plays an important role in everyday life – the triceps are used, for example, whenever you lift yourself up from a sitting position. It is essential to balance exercising your biceps and triceps and the triceps can often be forgotten. The Triceps Press is an excellent choice for isolated triceps training.

Muscle groups: triceps

SEGMENTS

Basic information

Brand Omnigym
Usage exercise, stretching, strengthening

Technical Specification

Dimensions 2.5m x 2.5m x 0m
Critical fall height (HIC in m) 0.00m
Color scale RAL Palette
Stand count 1
Surface
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
Dips	51mm	4,5mm
Bars	33,7mm	3,5 - 4,5mm
Pillar (square plan)	100mm	4,0mm

Recommended flooring

Optimal dimensions 3m x 0m
Floor surface Concrete slab + EPDM or concrete feet + loose material

Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

Delivery and installation

Lead time 5 - 8 weeks
Standards EN16:630